



## 101 Yoga Poses

### Description

- ★ The Premium AD-FREE version of the 101 Yoga Poses app. Less than a penny per pose!
- ★ Features beautiful music by SWAHA, higher res photos & extra Practices content.

- 101 Yoga Cards with photos and step-by-step info and tips
- Includes a dozen Practice sequences featuring music by SWAHA (music can be turned on/off by clicking on the "i" button during a practice)

From the developers of SixPack App.

Each card includes step-by-step pictures, information, tips and variation.

101 Yoga Poses contains 101 yoga cards with studio quality hi-res photographs illustrating each pose. 101 Yoga Poses is your ultimate portable yoga resource.

To see more sample poses, please visit [sixpackyoga.com](http://sixpackyoga.com)

With over 50,000 words of descriptive exercise content you can master each pose at your own pace. Practice yoga at the beach, hotel room, park, your lawn, anywhere! All content is built-in to this app. No internet connection is required.

All photographs and exercise text contained in 101 Yoga Poses were supervised by two 500-hour Registered Yoga Alliance Teachers (RYT)

101 Yoga Poses features:

- Works on both iPod Touch and iPhone.
- 101 yoga exercises, each with its own pose card
- Each card contains studio quality before and after pictures
- Detailed Step-by-step instructions, Information and Tips for each pose
- Search tab for all exercise content
- Random feature shake the iPhone to access 101 poses.
- Includes a section on Types of Yoga.

PRACTICES:

Includes over a dozen practices (sequenced yoga exercise routines) with over 160 photographs, step-by-step text, and a customizable countdown timer.

Bonus: Also included in practices is soothing bonus music from "Swaha", Marla Meenakshi Joy & Ron Reid, that plays during each practice. ([www.swaha.ca](http://www.swaha.ca))

"Health is wealth. Peace of mind is happiness. Yoga shows the way." - Swami Vishnu-Devananda

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• Please consult with a physician before performing any pose or exercise or starting any exercise program.

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